



How does the referral process work?

A referral is required to attend Day Rehabilitation.

Current inpatients can be referred by their treating physician. This process is normally arranged by the physiotherapist.

General practitioners, surgeons and treating specialists can send referrals directly to the day program coordinator on fax 4956 0608 or email tordayrehab@healthecare.com.au

The treating rehabilitation specialists are:

- Dr Lee Laycock,
- Dr Kim Oakley
- Dr Frenn Aben

What should patients bring to Day Rehabilitation?

- Clothing that is appropriate to exercise in and footwear.
- Swimwear and a towel if attending hydrotherapy.
- List of current medications.
- Any medications that need to be taken during the session.
- Relevant scans or medical reports.



Toronto Private Day Rehabilitation is part of the Health Care Group and is proud to provide comprehensive, effective and evidence based Day Rehabilitation services to Lake Macquarie, and surrounding regions.

Health Care is an Australian organisation, formed in 2005 to make and keep people healthy, by providing a range of integrated health services which are designed to deliver a complete health care package.
www.healthecare.com.au

Contact Toronto Day Rehabilitation

Suite 1, Specialist Medical Centre 2
Excelsior Parade, Toronto
Telephone: (02) 4956 0606 Facsimile: (02) 4956 0608
tordayrehab@healthecare.com.au
www.torontoprivatehospital.com.au

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TORONTO DAY REHABILITATION



What is Toronto Day Rehabilitation?

Toronto Private Hospital's Day Rehabilitation program is the largest of its kind in the Hunter Region.

Day Rehabilitation allows people to benefit from input from a specialist multidisciplinary rehabilitation team, without the need to be admitted as an inpatient.

'Day Rehab' caters for those who have Top Level Hospital cover, Department of Veterans Affairs (DVA) cover or Third Party Insurance claims.

What services are offered at Toronto Day Rehabilitation?

Our Rehabilitation services include:

- **Orthopaedic rehabilitation**

For people who have undergone hip or knee replacement, recently fractured a bone or have any other musculoskeletal condition requiring multidisciplinary input.

- **Cardiac rehabilitation**

For people looking to improve function and to get 'the right advice' after a heart attack, heart failure, heart surgery, or major vascular surgery like cardiac stenting.

- **Neurological rehabilitation**

For survivors of stroke, transient ischemic attack (TIA), traumatic or non-traumatic brain injury, or any other type of condition involving the nervous system are suitable for this intensive program.

- **Pain management**

- **Reconditioning**

For people who are finding normal daily activity increasingly difficult due to physical deterioration. No one is 'too old' to benefit from this program!

- **Amputee**

- **Rehabilitation for oncology patients**

- **Driving rehabilitation**

- **Back Care**

- **Respiratory**

Toronto Day Rehabilitation is staffed by experienced, university trained allied health professionals.

Each program is tailored to individual needs, and includes access to sessions of:

- Physiotherapy
- Hydrotherapy
- Occupational Therapy
- Exercise Physiology
- Nutrition and Dietetics
- Speech Pathology
- Social Work
- Nursing/ Wound care



How often do patients attend Toronto Day Rehabilitation?

Patients who attend the Day Rehabilitation program most often attend two days per week, for a period of 8 weeks, however this can be adjusted according to need.

Patients can attend The Day Rehabilitation program 2,3 or 4 times a week depending on availability for 16 sessions to achieve the individual goals as instructed by the rehabilitation physician. The appointments can be arranged with the Day Program Coordinator.

Morning and afternoon tea is provided.



Where is Toronto Day Rehabilitation located?

Day Rehab is located in the Toronto Private Hospital campus, in SPECIALIST MEDICAL CENTRE 2, suite 1 on Excelsior Parade, Toronto. From the 'flat' car park off Excelsior Parade, enter Medical Centre 2 and go down the stairs or the ramp.